



This Week's Inspiration

February 10, 2010

“Life Connections”

Would you be surprised to learn that the long-term effects of loneliness are as detrimental to your health as smoking, obesity and high blood pressure?

I was shocked when I read this research. It helps me to see even more clearly the value of the community and friendships that churches create.

For the good of your soul and body, I encourage you to join a life group in which you make and nurture healthy relationships as you discuss important ideas.

In April, I will be asking all adults who attend Christ Church to join a group and discuss Kerry and Chris Shook's book, One Month to Live. This might be the beginning of better life connections for you.

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